

# UNDERSTANDING DEPRESSION:

Symptoms, causes and treatments



## What is Depression?

Depression or Major Depressive Disorder is a condition in which a person constantly feels sad and hopeless, and loses interest in all activities.

## Signs and symptoms of Depression



- ☹️ Feeling sad, empty, guilty, and hopeless
- ☹️ Get easily irritated
- ☹️ No interest in pleasurable activities
- ☹️ Difficulty in concentrating
- ☹️ Having suicidal thoughts
- ☹️ Weight gain or weight loss
- ☹️ Difficulty in eating and sleeping
- ☹️ Physical problems
- ☹️ Low on energy

## Types of Depression

- Major Depression
- Persistent depressive disorder
- Perinatal Depression
- Seasonal affective disorder
- Depression with psychosis

## Causes of Depression

- Neurotransmitters
- Hormonal imbalance
- Genetics
- Medications
- Trauma



## Treatment for Depression



Medications



Psychotherapy

## How can one prevent Depression?



- Contact your doctor if you experience any Depression symptoms for more than a week.
- Get in touch with friends and families if you are facing any overwhelming personal or work-related issues.
- Manage stress. Take all measures that can help you reduce stress.

Want more information on Depression?

[Read more on our blog](#)

Thinking of buying health insurance?  
Simply go from [#UnsureToInsured](#)